



TMI focus

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A Newsletter Of The Monroe Institute

Fall 1990

WHAT IS HEMI-SYNC™?

by Leslie France, Director, Professional Division

In response to this question, The Monroe Institute has published quantities of explanatory literature over the years. By now, most people with a lively curiosity about mind-brain technology know that:

1. Hemi-Sync is a noninvasive technology based on two fundamental, naturally occurring auditory phenomena: frequency following response (FFR) and binaural beat stimulation.
2. FFR is essentially a process of entrainment whereby, when a listener's audio environment is dominated by sounds of specific frequencies, the listener tends to reproduce those frequencies within his/her own physiology. Further, the listener can become entrained to the state of awareness engendered by those frequencies. Over time, individuals can learn to reproduce the state at will without continuous external audio stimulation.
3. Binaural ("two-ears") beats are produced within the physiology of a listener when different audio frequencies are introduced into each ear. The brain-mind discerns this difference and strives to bridge the gap. It therefore produces a third frequency, which is the difference between the two, and which is not an actual sound but may be perceived as an oscillating sound. To cite the usual example: If 100 Hz (cycles per second) is introduced into the left ear, and 104 Hz is introduced into the right, the binaural beat frequency will be 4 Hz.
4. The beauty of a binaural beat system is that: (a) it provides the opportunity for a listener to be influenced by frequencies below the threshold of normal human hearing (we generally have trouble hearing sounds below 40 Hz) and, (b) it tends to stimulate a state of low-frequency brain-wave interhemispheric synchronization. The results of such synchrony include an amplification in the attention a listener is able to apply while in this state. Although interhemispheric synchronization occurs naturally, it is usually intermittent and of limited duration. Binaural beat stimulation aids the listener to sustain it, thereby greatly increasing one's ability to maintain a unique focus of attention over relatively long periods of time.

5. The sounds which are used to stimulate binaural beats (in the example above, the 100 Hz and 104 Hz frequencies) are called "carrier frequencies."
6. The Monroe Institute works with beat frequencies primarily in the Beta, Alpha, Theta, and Delta ranges.

Add to these basics the fact that certain frequency combinations have been identified as conducive to stimulating various, specific mind-brain states.

To review, this process quickly guides an individual into a targeted, sustained state of awareness, within which s/he is able to apply a unique focus of attention toward achieving his/her desired outcome. Furthermore, s/he learns to reproduce the state at will.

This, then, is the common knowledge—the body of technical components which support the spirit of the Hemi-Sync systems. Entrainment to sound frequencies and binaural beat stimulation are neither patented nor copyrighted by The Monroe Institute. They occur naturally and spontaneously; they were not invented, but rather harnessed and directed by the Institute.

Perhaps an appropriate question to pose at this juncture is: *What is not Hemi-Sync?* Due to the burgeoning interest in current brain-mind technology over the last decade or so, including a proliferation of hardware, a list of what is not Hemi-Sync would fill a small telephone book. Suffice it to say, only those systems designated with one or more of the Institute's registered trademarks are Hemi-Sync. Any programs, tapes, hardware, or software bearing a registered Hemi-Sync trademark or tradename of The Monroe Institute or Interstate Industries, Inc., without authorization of The Monroe Institute or Interstate Industries, Inc., are in violation of copyright law.

The importance of making this distinction far exceeds any legal implications. You need to know that, when you choose to utilize Hemi-Sync, you are taking advantage of more than a quarter-century of research and development

continued

EXPLORING TOGETHER

In a recent issue of TMI FOCUS we promised to publish names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. Here's the current list, which we will continue to add to as we hear from you.

HENDERSONVILLE, N.C.

Joe Gallenberger
(704) 693-4721

NEW YORK, N.Y.

Ross Jacobs
(212) 929-0661

SCOTLAND, Conn.

Genia Haddon
(203) 456-0646

BUTTE, Mont.

Leo McCarthy
(406) 494-3567

OAKLAND, Calif.

Virginia Barclay Goldstein
(415) 339-1769

MONTVILLE, N.J.

Judith Lerner-Taylor
(201) 402-0349

TOLEDO, Ohio/

LAMBERTVILLE, Mich.

Eileen Tucker
(313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch. If you're willing to be a contact for potential Hemi-Sync "explorers" in your area, let me know. It's never too late, as this will be an ongoing feature of TMI FOCUS. Drop a line to Julie Mazo at the Institute.



that have brought The Monroe Institute's sound technology to its present level of evolution. Inherent in this advantage is the spirit of Hemi-Sync—the precisely identified, controlled, and proven complex frequency combinations themselves.

Within the carrier and beat frequency ranges out of which Hemi-Sync signals are selected, are a virtually limitless sea of individual frequencies from which to choose. Through meticulous, provocative, and sometimes boring research and trial and error at the Institute laboratory, specific combinations were discovered to elicit certain results; some beneficial, some ineffective, and others that were found to be potentially harmful. Beneficial frequency combinations were refined further and integrated into larger systems. These became Hemi-Sync frequencies. Ineffective patterns were discarded, and potentially harmful signals were noted as such and avoided. This process of identification, classification, and evaluation continues today.

The process, while ultimately resulting in the compilation of a vast inventory of highly effective signal patterns, is analogous to emptying the sea with a bucket. The nature of the water remaining in the sea is anybody's guess. Some will eventually become a part of the Hemi-Sync inventory. Many will not pass the Institute's evaluation standards.

Since the late 1950s we have been accumulating the body of knowledge

which allows us to configure sound wave forms accurately into the subtle and powerful consciousness tools you are using. Following the frequency evaluation, the architecture of the Hemi-Sync sound patterns is designed. The relationships between the beat and carrier frequencies are identified and fine-tuned; the number, positions, and amplitudes of the superimposed frequencies are determined. Finally, the flow of merging and separation of these complex combinations is established depending upon the purpose of a particular exercise. All of these contributing details eventually culminate in a Hemi-Sync tape.

Herein lies the essence of what Hemi-Sync is and is not: Hemi-Sync is: complex combinations of sound frequencies which have been found to be beneficial and which are subsequently utilized within Hemi-Sync systems designed and produced by The Monroe Institute. Hemi-Sync is not: any combination of binaural beat and carrier frequencies, either purposefully or randomly selected, by other than The Monroe Institute.

We offer this information to clarify the Institute's position within the growing industry of brain-mind research and technology. Throughout the past twenty-five years we have witnessed the cultural perception of this arena change from considering such research as occult-inspired phenomenology to the wave of the future. We are proud to be one of the pioneers in this field. And, we are pleased to share this valuable work with the many others who are attracted by its potential.

QUARTERLY TAPE: SLEEPY LOCUST

Once again, the quarterly tape gives you something new and different. *Sleepy Locust* will put you to sleep. What's new about that? The Institute has many sleep tapes. Well, listen and find out!

This particular sleep tape represents a radical departure in concept, but *not* in effect. This was confirmed by feedback from the members of the Inner Circle, who were the first to hear *Sleepy Locust*. Thanks to them for their evaluations. And to you, happy dreams!

The TMI FOCUS
is published four times annually.

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THE WORLD COMES TO TMI

by Julie Mazo, Projects Director

TMI is a magnet. A constant stream of people make their way through the Virginia countryside to the lush rolling hills where the Institute is sited.

Early-morning joggers, while the dew is still on the grass, are a sure sign that one of our residential programs is in progress. Another indication of **GATEWAY VOYAGE, GUIDELINES, or GATEWAY OUTREACH TRAINING SEMINAR** programs is the slower, more pensive midday ramblings, as participants ponder their experiences against the backdrop of the Blue Ridge Mountains. It's a rare residential program that doesn't include at least one participant from abroad. Recently Switzerland, The Netherlands, Italy, Jamaica, Belgium, Hong Kong, the Virgin Islands, Scotland, Australia, Norway, Brazil, Japan, the Dutch West Indies, the United Kingdom, Canada,



and Germany were represented, as well as thirty-seven of the United States.

Professional members pour in every year from near and far to share their research in the applications of Hemi-Sync in a wide range of fields. This summer's Professional Seminar brought participants from the United

States and abroad for intensive days and nights of animated discussion about the use of Hemi-Sync in their professional efforts. (See **HEMI-SYNC JOURNAL**.)

Researchers and practitioners from a wide range of disciplines come to consult with Mr. Monroe and Institute personnel. The fields of interest of those who have recently visited include accelerated learning, fitness and health, management consulting, psychotherapy, parapsychology, mainstream medicine, and nontraditional healing.

Many leading figures in consciousness studies from universities and national and international organizations visit to discuss current findings, and to experience the unique flavor of the Institute. They also share generously of their talents and knowledge: the executive director of the Japan Holistic Medical Society gave vigorous massages during a recent visit.

A film crew from Switzerland came to make a documentary on the work of the Institute; an inventor from the Soviet Union came to consult about his equipment; an organizational development executive from Italy came to inquire about Hemi-Sync as a tool for his activities; and the parade goes on.

Institute staff benefit from encounters with this worldwide network. And that benefit reaches our membership through the enrichment and cross-fertilization that characterize the life of The Monroe Institute.



WHAT'S HAPPENING IN THE LAB?

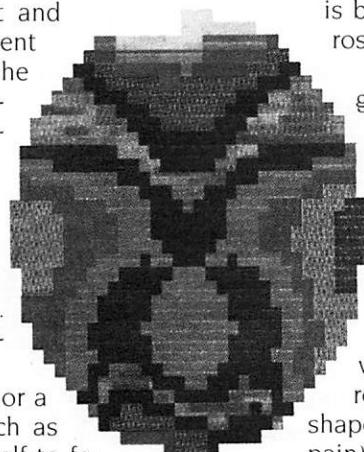
by Gusteena L. Anderson, M.S.W.

The spontaneity of private lab sessions makes each one a totally unique experience. A recent interaction between a client and monitor while the client was in the booth led to the development of an interesting and effective technique for dealing with any kind of distress or pain. The technique so delighted everyone involved that I decided to share it more widely. You might find it beneficial and fun.

During a meditation, or a session with a tape such as *Free Flow 12*, allow yourself to focus on the area of the body or the particular situation that is giving you distress or pain. Give that pain or distress a shape and a color. Allow the shape and color to become very vivid. Then choose another color, and radiate it onto the shape. You may decide to

play with several different colors until the color in the shape "feels good." For instance, if the first color that appears is brown, try radiating green, rose, yellow, or white.

When the color "feels good," allow the shape and color to have a voice. And then ask, "What message do you have for me?" Enter into a dialogue with the shape and color until you have an understanding of the issues involved. When you are ready to let go of the shape and color (distress or pain), express your gratitude by allowing feelings of thankfulness to radiate out in all directions. Then focus your attention on that which returns to you. When the process feels complete, allow yourself to return to normal, waking consciousness.



The **TMI FOCUS** is sent quarterly to all members of The Monroe Institute. The **FOCUS** contains information about the programs, activities, releases, people, and events that comprise the Institute and track its evolution. The **TMI FOCUS** is mailed along with the **HEMI-SYNC JOURNAL**, a publication of the Professional Division of The Monroe Institute, and special-release audio-cassette tapes.

QUESTIONS TO CONSIDER

by Joe McMoneagle

Joe McMoneagle is a professional remote viewer providing consulting services for various research and development projects. He is also a consultant to The Monroe Institute in a variety of capacities, and regularly offers provocative answers to questions raised by program participants.

"I'll be using the Monroe tapes and suddenly my whole body has gone numb. As soon as I've realized that it has, I notice small electrical charges coming in waves and washing over my entire body. They seem to center somewhere in my head, then I begin to sway side-to-side and then I find myself slipping out of my body. It's such an unbelievable sensation, it wakes me up."

Sound familiar? For a lot of you out there, it should. Letters come into the Institute office from all over the world, telling us about these apparently bizarre energy sensations. Sometimes different words are used to describe them, but it's essentially the same experience. Most of the people writing want to know if these feelings are normal. Or more to the point, is everything OK?

There are two immediate ways of knowing that everything's OK. One: the vibrations usually stop when you open your eyes and get up. And two: there is no pain associated with the experience. I have to believe it's normal simply because there are so many of us experiencing it. What it might be... well, that's harder to answer.

Itzhak Bentov, author of *Stalking the Wild Pendulum*, had a theory about these vibrations, which he developed while observing transcendental meditation. He believed that intense and extended meditation would eventually create acoustical standing waves in the cerebral ventricles. These ventricles are fluid-filled openings deep within the brain.

There are two lateral ventricles and one which is called the third ventricle. Since they are fluid-filled, one can easily hypothesize that such acoustical standing waves would be possible. Bentov further believed that once such a wave was generated, it was then conducted to the gray matter in the cerebral cortex. This, in turn, would stimulate and eventually polarize the



cortex in such a way that it would conduct a signal along the homunculus.

Now someone out there is saying, "The homun . . . what?" The homunculus is a complete human body map, superimposed onto the cortex. Beginning in the center of the brain, near the ventricles, this map fans out, right and left, and across the cortical regions. Different parts of the body fall into line, one behind the other: genitals, toes, leg, knee, hip, trunk, shoulders, neck, head, arm, elbow, forearm, wrist, hand, fingers, thumb, and so on. It is the circulation of a current along this sensory cortex map that Bentov calls self-stimulation of the pleasure centers of the brain. He also noted that the cumulative effect of these vibrations may be able to trigger a spontaneous physio-kundalini sequence in susceptible people who have a particularly sensitive nervous system.

This all sounds pretty impressive, but this is the point at which we must be careful not to jump to conclusions. Electrical stimulation of the cortex, or perceived vibrations, only indicates that you might be a little more sensitive than the next person to what's going on biomedically—at least, up to this point. This is where Hemi-Sync kicks in.

The effects of Hemi-Sync on Bentov's model are profound. The brainwave frequencies and amplitudes are amplified while, at the same time, the nervous system, cardiovascular, circulatory, skeletal, and other organ systems are brought into a complete state of tranquillity. This entire energy system of the body becomes entrained, and then begins to oscillate in congruence. Since all solid matter has atomic structure, and is itself composed of oscillating energy grids . . . well, it doesn't take much of an imagination to figure out where we might go with that kind of focus.

According to the theories of Karl Pribram, a neuroscientist at Stanford University, and David Bohm, a physicist at the University of London, the human mind operates as a hologram which tunes itself to the universal hologram (energy matrix) by and through an energy exchange. Through this interaction there is meaning and consciousness. Hemi-Sync refines this focus of the mind, altering and expanding it just enough to bring in information not usually available through normal sensory input. We call these transcendental experiences.

So, the next time you sensitive types out there begin to feel the vibrations building in your cerebral cortex, and they are accompanied by electrical stimulation running up and down your body—look for the universal matrix, and fall in!

The rest of us not-so-sensitive types? Well . . . we'll just keep taking the short cut.

Please note: The dictionary defines "consider" as "to ponder," and "to weigh in the mind." In "Questions to Consider," Joe may not always give the kinds of responses one expects, but you can count on him to consider your issue in his inimitably provocative fashion. You are invited to send questions for Joe's consideration to Julie Mazo, TMI FOCUS, c/o The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938.



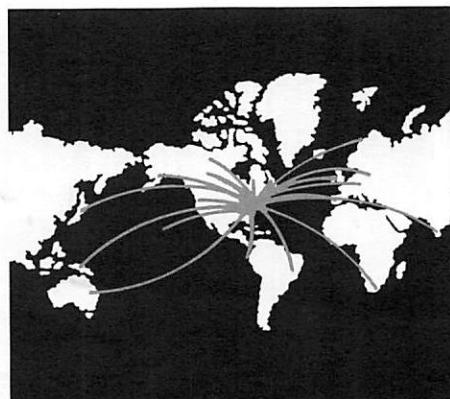
FEEDBACK

Feedback" is a TMI member forum featuring articles, letters, and creative writing. Your feedback is always interesting and informative, and—even more important—it may provide another member with exactly the inspiration or application idea that s/he is needing. So do take the time to share your Hemi-Sync experiences with the membership. Send your submissions to TMI FOCUS, c/o The Monroe Institute, Route 1, Box 175, Faber, VA 22938.

Joy Supplee writes from Walnut Creek, California, about pain control during dental treatment.

I needed to have three new cavities filled, and ten mercury fillings (in my mouth from 20 to 35 years) removed and replaced. The night before the procedure I played the Pain Control tape continuously while I slept, and then again on awakening. The dentist was curious and supportive of my decision not to

have gas or injection, and made it possible for me to play the tape while he worked. I was not overly confident that I would make it through



unaided by anaesthesia, but I was highly motivated to try. It had been well over 15 years since I had allowed a dentist to look in my mouth, due to my fear of pain. There was no

discomfort as he removed, redrilled, and cleaned out seven of the old fillings. Growing more confident, I signaled him to continue. The last three were deep, large cavities that he needed to redrill even deeper. He worked for one-and-a-half hours to complete all the drilling. We took a break. I rose from the chair with 13 gaping holes in my mouth, my body a little stiff from holding tension, but feeling great.

Thinking the worst was over, I switched to a favorite popular music tape to enjoy while he filled the cavities, and was caught totally unaware by unexpected pain. In need of immediate relief, I used the number sequence suggestion from Pain Control instead of taking time to switch tapes—and I was fine!

What a pleasure to have completed the entire procedure in one visit, nearly free of pain, and feeling fine afterwards! I feel involved and part of the development of an extraordinary technology. Thank you.



H-PLUS TIP-OF-THE-ISSUE

Many of you submitting **H-PLUS** survey forms, or writing with questions and comments, have requested expanded information on using the **H-PLUS** system. Actually, at this point, you are creating **H-PLUS** by integrating it into your lives. With this in mind, we inaugurate a regular feature dedicated to your original and successful applications.

This issue's tip originates with Barbara Bullard, a professional member who teaches Interpersonal Communications at Orange Coast College. Barbara uses **H-PLUS** regularly for herself, and with the approximately 250 students who attend her classes each semester.

CAN CLIP AND PASTE ON FRONT & BACK OF A CARD FOR YOUR H+ FILES.

H-PLUS Circulation (P)* Function Command – PLUS-FLOW SMOOTH

Use to relieve completely or to mitigate the symptoms of migraine headaches. For a migraine headache resulting from a bad case of flu, Barbara lay down and listened to the tape while using the biofeedback technique of visualizing her hands heating up. She went to sleep and the headache was gone when she awoke. Since that experience, she has shared this discovery with seven other women who suffer from migraines. 50% reported total relief of symptoms, and 50% reported a decrease. Effects are more dramatic if *Circulation* is applied when warning signs, such as nausea, are first noticed, and before the headache is full-blown (pain will lessen even at this stage). You may use the Function Command by itself with good results if you are at work or otherwise unable to lie down and listen to the tape.

* Remember, *Circulation* is a permanently installed Function whose effects are enhanced by repeated use of the Function Command.

PREP PROGRAM

The Institute's **PERSONAL RESOURCE EXPLORATION PROGRAM (PREP)** continues to receive an excellent response. **PREP** enables individuals who are experienced with Hemi-Sync to receive private sessions in the TMI laboratory's isolation booth.

Each session lasts approximately two hours and includes a personal interview, the guided exploration session, a debriefing with the monitor, computer reports of the physiological monitoring results, and an audiotape of the session. The cost of a single session is \$125.

TMI is now able to offer brain mapping in conjunction with **PREP** sessions, utilizing the NRS-24 20-channel EEG topographic display computer system. These sessions require approximately three hours to allow additional time for the placement of an electrode cap, and a shower following the session. The cost is \$250 and includes a comprehensive written report and audiotape.

For applications, call or write: **PREP** c/o the Institute.



GATEWAY OUTREACH

EXCURSION and HUMAN PLUS
Workshops Scheduled

The **GATEWAY OUTREACH** program is conducted by accredited Outreach Trainers throughout the United States and other parts of the world. They offer two-day **EXCURSION** and **H-PLUS** workshops. **EXCURSION** provides an opportunity to learn to perceive, understand, and communicate in non-physical energy environments, with an emphasis on integrating practice tools for use in daily life. The **H-PLUS** workshop is an intensive application of the **HUMAN PLUS** system of self-evolution. Practical, powerful tools are offered for gaining greater control over the physical, emotional, and mental aspects of ourselves, and expressing more of our inherently unlimited potential. The following workshops are scheduled for the next few months:

— EXCURSION WORKSHOPS —

PHILADELPHIA, Penn.

October 5, 6, 7
contact Wendy Keene-Sanel
(215) 248-5159

THE NETHERLANDS

contact Tjaart Hofman
multiple dates 05908-13622

HAUULA, Hawaii

November 24, 25
contact Jack Chaffee
(808) 293-1010

LILY DALE, New York

November 17, 18
November 24, 25
contact Cheryl Williams
(716) 595-3927

— H-PLUS WORKSHOPS —

PHILADELPHIA, Penn.

November 9, 10, 11
contact Wendy Keene-Sanel
(215) 248-5159

HAUULA, Hawaii

October 27, 28
contact Jack Chaffee
(808) 293-1010

LILY DALE, New York

December 1, 2
contact Cheryl Williams
(716) 595-3927

IN MEMORY OF BOB TOLLAKSEN

It is with great poignancy that we acknowledge the passing of our longtime friend and valued associate, Bob Tollaksen, who died suddenly near his home in Stevensville, Michigan, on the 26th of May. Bob had been an active **GATEWAY OUTREACH** Trainer, and a member of the Professional Division since 1985. Through his work as a clinical psychologist special-

izing in pain management, Bob contributed dramatically to the lives of his many clients.

TMI joins with the hundreds of others who have experienced the love, humor, and caring which Bob expressed in his relationships, both personally and professionally. His absence will be deeply felt on the physical plane.

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

May 4-10
May 25-31
June 8-14
July 13-19
August 10-16
August 31-September 6
September 28-October 4
October 19-25
November 2-8
December 7-13

GATEWAY VOYAGE

September 15-21
October 6-12
October 27-November 2
November 10-16
December 8-14

GUIDELINES

September 22-28
December 1-7

GO TRAINING SEMINAR

October 13-19

GUIDELINES

February 2-8
April 13-19
May 11-17
June 22-28
August 17-23
October 12-18
November 16-22

GATEWAY GRADUATE RETREAT

July 27-August 2

PROFESSIONAL SEMINAR

July 20-26

GO TRAINING SEMINAR

March 23-29
July 6-12
November 9-15





Worldwide requests for Hemi-Sync tapes have been stimulated by Bob's books (published in eight languages), as well as the strong word-of-mouth interest generated by *GATEWAY OUTREACH* Trainers, program participants, and the many friends of the Institute around the globe. The process of meeting these requests is complex and involved, but is moving along. At this writing, some of our tapes are available in German and in Dutch. French, Spanish, Japanese, and Gujarati translations are under way.

Before we consider undertaking translation into another language we need to have, first of all, a translator.

And this has to be a native speaker, experienced in translating, who has appropriate familiarity with the concepts and systems of the Institute. After the translator has completed a script, we need evaluators—other native speakers equally knowledgeable and sensitive to the content.

If you meet the criteria either for translators or evaluators, and would enjoy participating in this challenging project, write to Julie Mazo, c/o The Monroe Institute, and tell her your qualifications. We might have need of your assistance immediately, or we might call on you in the future as new target languages are being considered. Thank you very much.



Do you know someone who can benefit from an introduction to TMI? Use this coupon to send us their name and address, and we will mail them our comprehensive, four-color brochure and information packet.

Dear Monroe Institute:

Please send a brochure and information packet as soon as possible to:

Name _____

Address _____

Zip _____

Your comments and questions are welcome. _____

Thank you!

CLIP TIPS

We depend on our members to send us clippings of news items, editorials, columns, book reviews, research reports, etc., as commercial clipping services are prohibitively expensive.

When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to: The Monroe Institute, Route 1, Box 175, Faber, VA 22938. Thanks!



METAMUSIC NOTE!

We are sorry to inform you that the *Turning Point METAMUSIC ARTIST SERIES* tape will not be available! If you have already ordered, you may call and make arrangements for an exchange or refund.

We are having tremendous response to the other new tapes, *Sleeping Through The Rain* and *The Inner Journey*.

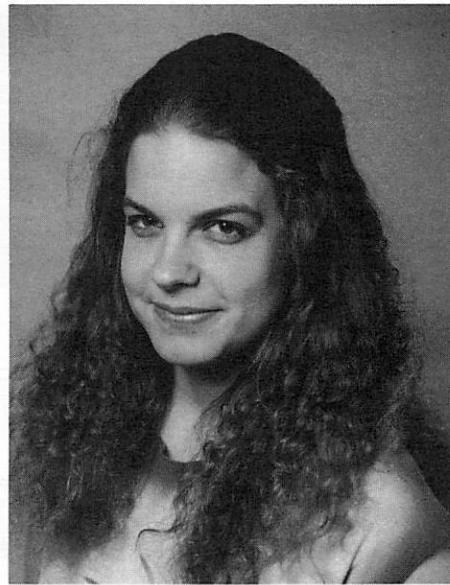
MEET SOME OF THE DEDICATED TMI EMPLOYEES YOU REGULARLY TALK TO ON THE PHONE



Bonni Davis



Tina Thompson



Donna Haberly

PLACE
STAMP
HERE



THE MONROE INSTITUTE

Route 1, Box 175
Faber, Virginia 22938